

| Term 1 | | | Term 2 | | |
|--------|--------|--|--------|--------|--|
| 1 | 27 Jan | Introduction to unit and goal setting | 1 | 20 Apr | Introduction to building your own exercises program- goal setting |
| 2 | 2 Feb | Menstrual Health and Pelvic Health | 2 | 27 Apr | Warm ups (reflect from last unit and build) |
| 3 | 9 Feb | The Female body in motion | 3 | 4 May | Upper Body |
| 4 | 16 Feb | Strength and injury prevention for women | 4 | 11 May | Lower Body |
| 5 | 23 Feb | Food Fuel & Hydration for active girls | 5 | 18 May | SAC 2- Build own exercise plan |
| 6 | 2 Mar | Body Image & Media | 6 | 26 May | SAC 2 CONTINUED- Run through workout with another classmate (peer assess and self reflection) |
| 7 | 9 Mar | Mental wellbeing and sleep | 7 | 2 Jun | Introduction to women in sport History and evolution |
| 8 | 16 Mar | SAC 1: personal comprehensive health and wellbeing plan | 8 | 9 Jun | Barriers and inequalities |
| 9 | 23 Mar | SAC 1 CONTINUED | 9 | 16 Jun | Representation in media |
| 10 | 30 Mar | PRESENTATIONS | 10 | 23 Jun | SAC2: Women in sport Research Task |
| | | | 11 | 30 Jun | SAC2 CONTINUED. |